



TMI

focus

Vol. XIII, No. 2

A Newsletter Of The Monroe Institute

Spring 1991

RE-VISION

by Robert A. Monroe

It was a long walk through the forest to reach the ocean. Along the way, the path was quiet except for the hum of insects and the occasional call of a crow high in the tall trees. In the lush undergrowth, a very slight crackling of dry leaves told of small residents if one listened carefully. Under the fresh smell of growing green lay the deep aroma of moist earth and decaying vegetation, both silent signals of the life cycle in progress.

There was very little wind as the soft rumble of surf grew steadily in strength. Then the forest stopped and the gray-green sea spread out to the horizon, stately cumulus cloud towers drifting overhead through a clear, clean sky of true azure. The grassy bank where the white beach began gave an irresistible invitation to ease down, lie back, and relax. The waves were gentle, placid. The breeze, cool and soft. The sun, warm and fresh.

It all comes to this, the beginning and end of an eons-long segment. This living mass of air, water, and land, what it gives and what it takes. What it produces.

More than awareness. More than consciousness. More than experience. More than intelligence. More than knowledge. More than truth. More than understanding. The whole is indeed greater than the sum of the parts.

Learning to separate this from that. Differences and comparisons. Hot from cold. Light from dark. Loud from silence. Strong from weak. Pain from comfort. Fast from slow. Sick from well. Thick from thin. Rough from smooth. Hard from soft. Balance from instability.

Learning cause and effect, action-reaction, price-paying, authority-responsibility. Options. Eat and live. Sink or swim. Hold or let go. Stop or start. Laugh or cry. Quick or dead. Friend or enemy. Reward or

retribution. Success or failure. Love or hate. Win or lose. Organization or chaos.

Learning to think. To coordinate. To count. To calculate. To communicate. To assess. To remember. To connect. To plan. To have ideas. To daydream. To create. To hope. To believe. To know.

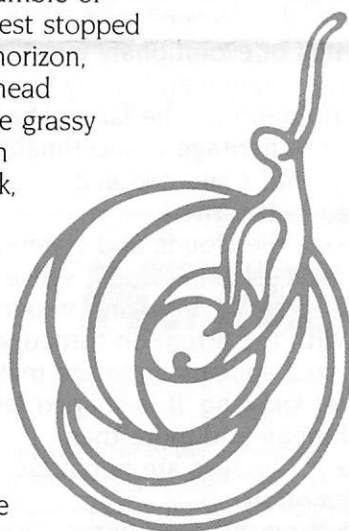
To experience and express emotion. Righteous and irrational anger. The beauty of form and movement. Joy and ecstasy. Empty sadness.

Compassion. Loneliness. Communion. Likes and dislikes.

Learning to learn. Words and numbers. To vocalize. To write. To pass experience, knowledge, and wisdom from parent to child, from generation to generation, without the trauma of reenactment. To enact systems, laws, and rules that ensure such learning will continue and expand.

It is all there beyond the forest. In the ripening carpets of grain. The neat, multi-million rows of nourishing plants. The mills that reshape matter into more usable form. The many shelters that are labeled home. The tall, slender towers that instinctively reach for the sky. The motor vehicles that become a surrogate body. The ships that sail around the world atop and under the oceans. The winged, fire-driven carriers that draw white lines high in the sky. The metallic birds that hover and circle the globe hundreds, thousands of miles above the surface, each delivering innumerable bits of information each second, day and night. The invisible yet measurable network of controlled radiation that serves for communication and local direction-finding.

And the amplification of perception through lens and mirror and electronic ears to search the universe for a signal, just one, to assuage the loneliness. Stars,



EXPLORING TOGETHER

Here are names and phone numbers of readers willing to be contacts for regional get-togethers of Hemi-Sync™ users. We'll continue to add to the list as we hear from you.

BUTTE, MT

Leo McCarthy
(406) 494-3567

CAMBRIA, CA

Lealand Beck
(805) 927-1752

HENDERSONVILLE, NC

Joe Gallenberger
(704) 693-4721

INDIANAPOLIS, IN

Shawn Casey
(317) 852-7727

LAGUNA BEACH, CA

Libby Roberts
(714) 494-3282

LAMBERTVILLE, MI

Eileen Tucker
(313) 856-5251

LEIMEN, GERMANY

Kala Siciliano
06226/5192

MONTVILLE, NJ

Judith Lerner-Taylor
(201) 402-0349

NEW YORK, NY

Ross Jacobs
(212) 929-0661

OAKLAND, CA

Virginia Barclay Goldstein
(415) 339-1769

PORTLAND, OR

Bill Oakes
(503) 288-5305 (w)

SCOTLAND, CT

Genia Haddon
(203) 456-0646

TEMPE, AZ

Marcie A. Katler
(602) 968-3021

TOLEDO, OH

Eileen Tucker
(313) 856-5251

If you live within reach of any of these good people, and would like to find other nearby people to "explore" with, get in touch.

RE-VISION (continued)

constellations, galaxies, novae, and black holes. The illogical thrust away from the blue planet nest to the nearby moon, where an indelible footprint was left in the sand and dust. The ranging and reporting of surrogate explorers to view and land on other planets, then move on into the blackness of deep space.

The steady unfolding of the patterns that seem inviolate in land, water, and air. Alloys, compounds, molecules, elements, atoms, nuclear particles, radiation, waveforms. Gravity, inertia, momentum, centrifugal force, polarity. Organic and inorganic. Living physical structures and their processes.

The search for mind, soul, and creator. Belief systems. Dreams. Sleep. Visions and visionaries. Lotus eaters. Philosophers. Religions. Love.

This, then is the wondrous package of achievement through millennia of evolutionary effort, to be carried lightly and easily but with triumph into the far reaches beyond. A heritage of inestimable quality until evaluated and applied in the There.

Among the clouds and clamor, there is an uncomfortable sense of a missing factor, vital and important. With the attention turned, a small face appears amid the mass of other knowing. It is shaped less than human and more than monkey. The eyes are luminous with emotion.

It is there, all of it, in the eyes. From across the span of timelessness, the carrier of that first spark of intelligent consciousness, the original ancestor, looks and observes.

With quiet pride and joy. With appreciation but not total comprehension. With awe at the growth of the spark. The parent of a prodigal child.

And the missing factor, clearly and cleanly. The animal base. It

could not have happened but for its presence and provision. The living demonstration from which to learn. The flesh to be consumed. The milk to drink. The hides and furs to provide warmth. The stronger back to share the burden, to ride. Oil to provide light. Trinkets and amulets from tusk and horn.

Unconditional friendship and loyalty. Those who traded food, lodging, and authority for freedom from the predator, only to find that fur and bare skin do mix and bring forth patterns of empathy and understanding far beyond anything envisioned by either.

The driving force behind the spark. The animal energy. Not the catalyst, but the needs, motivations, and raw power. Not to be hidden or demeaned, but to be included forevermore warmly and surely as the underlying key without which nothing would have taken place. Hold it up proudly for all to know.

Yes!

With the knowing, the little face smiles just slightly, softly, even wistfully, then fades.

In the excitement, the grassy bank on the beach is not enough.

It is time to move on. The walk back along the path through the forest is filled with greetings. A squirrel on a low-hanging branch looks down and chatters. A bottle-green fly lands on a hand and enjoys gentle back-stroking with a finger. Three turkeys politely stand aside and watch the passage curiously but without wariness.

Behind, a gray fox enters the path and sits down, undecided as to the propriety of paying his respects. A thrush glides down through the trees, settles on one shoulder and makes soft chirping comments in an ear, until the edge of the forest is reached. With a final peck on the cheek, it pulses wings and returns to the middle branches.

Wherever and whenever I go, my friends, I do take you with me.

QUARTERLY TAPE: MACARONI PONY A HEMI-SYNC LULLABY

Our member selection this quarter is a Hemi-Sync tape designed to lull a child to sleep peacefully and easily. *Macaroni Pony* contains a charming 30-minute bedtime story that the children in your life will love.

We are very pleased to introduce this tape selected from two brand-new tape series for newborns to seven-year-olds. Every element of these tapes—plot, voice, music, timing and, of course, Hemi-Sync—has been thoughtfully combined to facilitate transition from an active/awake state to that of restful sleep.

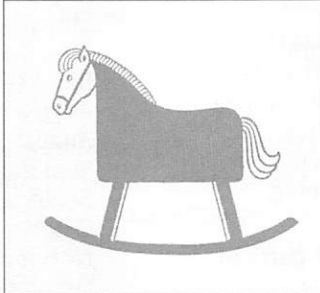
One series consists of four bedtime stories, each written to be entertaining and fun, provide beautiful and positive imagery, and introduce interesting characters. Typical plots are based on children curiously exploring their world, learning to feel good about themselves, and using their colorful imaginations. The delightful stories are then mated with original music and wonderful sound effects to make the images come alive.

The second series contains four pieces of original instrumental music, composed specifically to calm young listeners and guide them easily into sleep. While in-

tended for infants and children, they can be enjoyed by any age. Beautifully arranged and performed, they are perfect simply for listening, or as background to a favorite bedtime story.

These series of children's sleep tapes originated with the Achates Corporation, founded by Paul and Barbara Logan. As members of the Institute's Inner Circle, they were sent the *Sleepy Locust* tape last summer, and found it to be incredibly effective with their three-year-old. He had always had difficulties falling asleep, and bedtime often lasted an hour or more. The first time he listened to *Sleepy Locust*, he fell asleep in ten minutes! Knowing that all parents, grandparents, and babysitters have times when they could use help in putting infants or children to bed, the Logans decided to create these series, with the help of TMI's Hemi-Sync, for the general public.

To order these new children's tape series, call or write TMI. Each series may be purchased for \$39.95 plus shipping and handling. Members receive a 10% discount.



TIP-OF-THE-ISSUE

H-PLUS Brain: Repairs & Maintenance (P)* Function Command—PLUS-FLOW BETTER

This exercise addresses maintenance and improvement of the circulatory, chemical, and electrical flows in the brain, thus supporting its most efficient functioning. Susan F. Tirota, a Sustaining Member, has also discovered its value in recovering from the residual damage of a severe brain injury which occurred thirteen years ago. Sue listened to the tape about four times, then began to use the Command. Verbal and written expression quickly became easier. She then focused on the damaged vision center of her brain while using the Command. Three months of consistent application brought noticeable improvement in eyesight. Susan has also supported *Brain: Repairs & Maintenance (P)* with *H-PLUS Synchronizing, Circulation*, and resonant tuning (a technique presented in the *MIND FOOD* and the *GATEWAY EXPERIENCE* tapes) and feels that positive benefits are cumulative. It's impressive to see results so long after the initial insult.

* Remember, *Brain: Repairs & Maintenance* is a permanently installed Function whose effects are enhanced by repetition of the Function Command.

For additional background on using this issue's Function exercise to recover from closed-head trauma, see "Brain Injury Recovery With Hemi-Sync," by JoHanna Hawthorne, M.A., Summer 1990, *HEMI-SYNC JOURNAL*.



WESTERN AND MIDWESTERN GATEWAYS

Imagine mind-stretching days of uniquely powerful self-exploration—in the majestic mountains of northern New Mexico, along Oregon's magnificent Pacific Coast, in a peaceful haven near Chicago, or nestled in the rolling hills of California's wine country. Hundreds of people come every year to the *GATEWAY VOYAGE* at our residential center in Virginia. In response to requests, *GATEWAY VOYAGE* travels from time to time, easing access for our many friends in other localities.

MAY 12-18, and again on **OCTOBER 6-12**, voyagers will convene at the St. James Hotel, Cimarron, New Mexico, at the base of the Sangre de Cristo Mountains. Cimarron is one hundred and twenty miles north of Santa Fe and a half-day's drive from Denver on I-25, or a short flight from California to Albuquerque, where shuttle transportation is available. Sponsored by Management Training Systems (MTS); tuition is \$650. Contact MTS, 15697 Buck Lane, Dumfries, VA 22026. 1-800-735-1871.

JUNE 7-9 (Friday evening through Sunday evening) will see a *WEEKEND GATEWAY* in Woodstock, Illinois, sponsored by Oasis at the Resurrection Center, which is easily accessible from Chicago. Tuition is \$255 for registration prior to April 1; \$285 after. Room and board: \$85 per person in double, \$100 for single room (includes five meals). Contact Oasis Center, 7463 N. Sheridan Rd., Chicago, IL 60626. (312) 274-6777.

AUGUST 24-30, Coos Bay, Oregon, will be the site of a *GATEWAY VOYAGE*, sponsored by Ken Keyes College. Less than 150 miles north of the California border on Highway 101, the College Center is near sandy beaches, botanical gardens, and mountainside hot springs. The total fee, including room and board: \$700 if registered by July 31, \$750 after. Contact: Wally Hill, Ken Keyes College, 790 Commercial Ave., Coos Bay, OR 97420. (503) 267-6412.

SEPTEMBER 8-14, a *GATEWAY VOYAGE* will be held at Westerbeke Ranch and Conference Center, located in the Sonoma Valley, 50 miles north of San Francisco. Originally an Indian healing ground, the Westerbeke facility offers 100 acres of unspoiled beauty. Tuition: \$625; Room and Board: \$432. To register for this program, contact Karen Malik, 129 Seminary, Apt. 1, Mill Valley, CA 94941. (415) 381-8139.

GATEWAY OUTREACH

EXCURSION and HUMAN PLUS Workshops Scheduled

The *GATEWAY OUTREACH* program was created in 1985 to meet the many requests for *GATEWAY* training close to home. The first of the *GO* program's two components is the *EXCURSION* Workshop. Developed out of the Institute's world-renowned *GATEWAY VOYAGE*, this is a two-day adventure into expansion of consciousness by gentle increments so that states of profound relaxation, deep contemplation, and communication with the higher self and with nonphysical energies may be experienced. Important personal revelations are commonplace during an *EXCURSION* Workshop. Specifically designed tapes with the Hemi-Sync technology form the core of *EXCURSION*, together with explanation, discussion, and supportive group interaction.

With expanded applications of Hemi-Sync technology, the two-day *HUMAN PLUS* Workshop was added to the *GATEWAY OUTREACH* program. This workshop, also built around Hemi-Sync tapes, enables greater personal control over mental, emotional, and physical well-being. It teaches skills for relaxation, concentration, memory, pain control, maintenance of physical health, creativity, release of negative emotion, and much more. The emphasis is on learning practical tools to use in daily life.

Both workshops are offered throughout the United States and in other parts of the world by accredited *OUTREACH* Trainers, who have undergone rigorous preparation at the Institute. For the name of the *GATEWAY OUTREACH* Trainer nearest you, call (804) 361-1252.

Here are some of the *GO* workshops scheduled for the next few months:

EXCURSION WORKSHOPS

USA

GREENSBORO, NC

April 15-19 eves.

May 4-5

June 1-2

June 3-7 eves.

contact Jacqueline Simanek
(919) 282-1987

LILY DALE, NY

July 6-7

July 15-16

July 27-28

contact Cheryl O. Williams
(716) 595-3927

MONTVILLE, NJ

April 6-7

June 15-16

contact Judith Lerner Taylor
(201) 402-8142

PHOENIX, AZ

April 20-21

May 18-19

June 22-23

contact Mark Carter
(602) 955-9532

SAN FRANCISCO, CA

April 20

contact Gini Patterson
(415) 381-5476

SCOTLAND, CT

April 27-28

June 8-9

contact Genia Haddon
(203) 456-0646

CANADA

MONTREAL, QUEBEC

May 10-12

contact Sylvestre Gorniak
(514) 351-3870

ST. ISIDORE, N.B.

May 2-4

contact Sylvestre Gorniak
(514) 351-3870

ST. MAITHIS, QUEBEC

April 5-7

contact Sylvestre Gorniak
(514) 351-3870

ENGLAND

FLEET, HANTS

April 14-18

May 31-June 2

June 16-20

July 26-28

contact John Perrott
0252-626448

GERMANY

LEIMEN

April 20-21

May 11-12

June 22-23

contact Kala Siciliano
06226/5192

H-PLUS WORKSHOPS

USA

GREENSBORO, NC

April 20-21

May 6-10 eves.

May 18-19

June 8-9

contact Jacqueline Simanek
(919) 282-1987

LILY DALE, NY

July 8-9

July 13-14

July 29-30

contact Cheryl O. Williams
(716) 595-3927

CANADA

ST. JULIE, QUEBEC

April 19-21

contact Sylvestre Gorniak
(514) 351-3870

ST. PHILLIPE DE NERI, QUEBEC

April 26-28

contact Sylvestre Gorniak
(514) 351-3870

ENGLAND

FLEET, HANTS

June 28-30

July 7-11

contact John Perrott
0252-626448

GERMANY

LEIMEN

May 3-5

June 7-9

contact Kala Siciliano
06226/5192

THE MONROE INSTITUTE PROGRAM SCHEDULE

All programs listed below will be held at The Monroe Center in Faber, Virginia.

1991

GATEWAY VOYAGE

May 4-10

May 25-31

June 8-14

July 13-19

August 10-16

August 31-September 6

September 14-20

September 28-October 4

October 19-25

November 2-8

December 7-13

GUIDELINES

May 11-17

June 22-28

August 17-23

October 12-18

November 16-22

GATEWAY GRADUATE RETREAT

July 27-August 2

PROFESSIONAL SEMINAR

July 20-26

The TMI FOCUS is published four times annually by The Monroe Institute, Route 1, Box 175, Faber, Virginia, 22938-9749. Telephone: (804) 361-1252. Membership/subscription rates from \$50 to \$150 per year.

The Monroe Institute is a 501(c)(3) nonprofit research and educational organization dedicated to exploring and developing the uses and understanding of human consciousness.

Managing Editor: Leslie France, Assistant Editors: Shirley Bliley, Julie Mazo.

© 1991 The Monroe Institute. All rights reserved. No part may be reproduced without permission. POSTMASTER: Send address changes to Route 1, Box 175, Faber, Virginia 22938-9749.